

BREAST FEEDING BASICS CLASS: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705.

BREATHING AND RELAXATION CLASS: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705.

CAR SEAT SAFETY FITTING: SAFE CAR SEAT INSTALLATION, BLDG 3504 (RED ROOF). PLEASE MAKE AN APPOINTMENT @531-6880/3776.

DIABETES SUPPORT GROUP: FOR ALL DIABETIC BENEFICIARIES. BJACH CLASSROOM 2. CALL 531-3660.

DIABETES EDUCATION: FOR ALL DIABETICS. BJACH NUTRITION CARE CLASSROOM. CALL 531-6880/3255.

FETAL DEVELOPMENT: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705

GETTING READY TO QUIT TOBACCO: FIRST STEP IN TOBACCO CESSATION PROGRAM. FT POLK EDUCATION CENTER, BLDG 660, ROOM 123. CALL 531-6880.

HEART HEALTHY CLASS: BJACH NUTRITION CARE DIVISION, NUTRITION CARE CLASSROOM. CALL 531-3129.

INTRODUCTION TO WEIGHT MANAGEMENT: FOR ALL BENEFICIARIES. BJACH 1ST FLOOR, NUTRITION CARE CLASSROOM LOCATED NEXT DOOR TO DFAC. CALL 531-3129.

LABOR AND DELIVERY (L&D) CLASS: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705.

NEWBORN CARE: BJACH 5TH FLOOR EAST, CLASSROOM #5. LDRP TOUR TO FOLLOW. CALL 531-3705.

OB (PREGNANCY) NUTRITION: BJACH 1ST FLOOR, NUTRITION CARE CLASSROOM LOCATED NEXT DOOR TO DFAC. CALL 531-3129.

PREGNANCY POSTPARTUM PHYSICAL TRAINING (PPPT) EDUCATION: BLDG 660. ROOM 101. ENROLLMENT CALL 531-4926.

SELF CARE/OVER THE COUNTER (SC/OTC) MEDICATION CLASS: REQUEST OTC MEDS WITHOUT COST. BLDG 3504 (RED ROOF) PREVENTIVE MEDICINE 531-6880.

SIBLING CLASS: FOR CHILDREN EXPECTING NEW SIBLINGS: BJACH 5TH FLOOR EAST, CLASSROOM #5. CALL 531-3705.

WEIGHT MANAGEMENT FOR ACTIVE DUTY (ARMY MOVE 1,2,3,4): BJACH 1ST FLOOR, NUTRITION CARE CLASSROOM LOCATED NEXT DOOR TO DFAC. CALL 531-3129.

WEIGH2GEAUX WEIGHT MANAGEMENT CLASS: REFERRAL BY PRIMARY CARE PHYSICIAN. FOR MORE INFORMATION CALL 531-6880.

June 2011



Mon	Tue	Wed	Thu	Fri
		1 BREASTFEEDING BASICS 0900-1100	2 PPPT EDUCATION 0730-0900 COUMADIN EDUCATION 1200	3
6 GETTING READY TO QUIT TOBACCO 1130-1300 HEART HEALTHY 1200	7 L&D 0900-1100	8 SC/OTC 1000-1100 ARMY MOVE 1 0900 ARMY MOVE 2 1100 ARMY MOVE 3 1300 ARMY MOVE 4 1500	9 PPPT EDUCATION 0730-0900	10 WELLNESS ACTIVITY @ BJACH 1000-1300
13 DIABETES CLASS 1300-1430	14 SIBLING CLASS 1000-1100	15	16 PPPT EDUCATION 0730-0900 DIABETES SUPPORT 0800-1130 NEWBORN CARE 0900- 1100	17 WEIGH2GEAUX 1200-1500 INTRO TO WEIGHT MANAGEMENT 1200
20 DIABETES CLASS 1200-1430	21	22 SC/OTC 1000-1100 ARMY MOVE 1 0900 ARMY MOVE 2 1100 ARMY MOVE 3 1300 ARMY MOVE 4 1500 FETAL DEVELOPMENT 1300-1500	23 PPPT EDUCATION 0730-0900 BREATHING & RELAXATION 0900-1100	24 WELLNESS ACTIVITY @ PX 1000-1300
27 FETAL DEVELOPMENT 1300-1500	28 BREASTFEEDING BASICS 1300-1500	29 ARMY MOVE 1 0900 ARMY MOVE 2 1100 ARMY MOVE 3 1300 ARMY MOVE 4 1500	30 PPPT EDUCATION 0730-0900 SIBLING CLASS 0900-1000 CAR SEAT FITTING 1000-1400	

**JUNE IS NATIONAL SAFETY MONTH
NATIONAL MEN'S HEALTH WEEK JUNE 13—19**

Self Care/Over the Counter Medication Class

Use BJACH Pharmacy to request over the counter medications for pain, fever, coughs, colds, allergies and other minor conditions without a prescription - no prescription needed!

BJACH
HEALTH PROMOTION
337-531-6880

There are several ways to complete the class!

- Classes are offered the 2nd and 4th Wednesday every month at BJACH
- Unit level or FRG meetings upon request
- Other gatherings/meetings/training upon request
- Online at the BJACH website

Any way you choose, you will be given a card to carry that will never expire.

Group class dates this month:

8 JUNE 2011

22 JUNE 2011

1000 -1100

1000 -1100

OR

Dept. of Preventive Medicine, Bldg 3504 (Red Roof)
Call to request this class at your unit, workplace, FRG
or club meeting!

On-line class

Complete the class portion on-line @

www.polk.amedd.army.mil

Click the [SELF CARE/OTC ON-LINE CLASS](#) hyperlink.

You must pass the on-line test, print out your certificate and make
an appointment with Health Promotion to be entered into the
OTC system.

Tobacco Cessation classes

are being offered two ways at BJACH! You may choose to participate in the program with a group of your peers or you may also complete a structured on-line program. Either program may be brought to your work or unit upon request! Classes are scheduled monthly at BJACH.

Call BJACH Health Promotion for more information @ (337) 531-6880.